

## READING

A Read the text and choose *True* or *False*.

## No regrets?

We've all had this experience. You go to the supermarket and suddenly your favorite brand of fruit juice is next to a "new and improved" version. Which one do you choose? What if you don't like the new one as much as the old one? So, you get the old one, as always, just in case.

This bias for the status quo happens because people make decisions based on what they have always done. We often need to feel "in control," so one explanation for this attitude is something that psychologists call *regret avoidance*. We worry more about feeling bad about the change than the advantages of the change.

In 1985, the Coca-Cola Company invented "New Coke." They said it was better than the old one and many people liked it more. But when people went to the supermarkets, they still bought the old one, because they didn't want to change. They stopped producing "New Coke" in 1992.

So, do we have to live with regret avoidance forever? Fortunately, no. An idea some companies use are change stories. They explain to customers how things are going to be better with it. For example, "Maybe you're happy with your old fruit juice, but **THIS** one is healthier." This gives people a reason to want the new product.



However, even when we have evidence that a change is better, we still choose the status quo, but think about this the next time you're in the supermarket. Don't stay in your comfort zone! Take a risk! That new fruit juice might be the best you've ever had!

- |   |   |              |
|---|---|--------------|
| 1 | When they have a choice to make, people usually choose a new product.                     | True / False |
| 2 | Regret avoidance happens because we don't want to feel good about choosing something new. | True / False |
| 3 | Change stories help people understand how life can be improved with a new product.        | True / False |
| 4 | You feel regret avoidance when you try something different at the supermarket.            | True / False |



### IDENTIFY EXAMPLES

When we identify examples, we think carefully about how an idea connects to other ideas in the text. We think about what the writer wants to express and why he or she mentions this idea.



## VOCABULARY

A Choose the correct option to complete the sentences.

- I don't like people making changes for me because I don't feel \_\_\_\_\_.  
 a status quo                      b in control                      c comfort zone
- Lucila's \_\_\_\_\_ towards trying new things is quite negative.  
 a advantage                      b attitude                      c risk
- Maybe we should go on vacation somewhere else for a change. Let's take a \_\_\_\_\_. We might not like it, but we might love it!  
 a risk                      b advantage                      c status quo
- Many companies try to make people see the \_\_\_\_\_ in changing products.  
 a advantage                      b risk                      c attitude
- Why do you always choose the \_\_\_\_\_? You should try something new for a change.  
 a attitude                      b in control                      c status quo

6 Sandra should leave her \_\_\_\_\_ and change her job. She's been in the same position for years.

- a status quo      b attitude      c comfort zone

**B Complete the text with words and phrases from the box.**

advantage   attitude   comfort zone   in control   risk   status quo

After trying to dance for years, I finally decided to get out of my **1** \_\_\_\_\_ and join a dance class. I can't really dance and there is always a **2** \_\_\_\_\_ in trying something new, but I'm glad I did.

The first class was really uncomfortable for me. My teacher told me to have a more positive **3** \_\_\_\_\_ towards it. I was always criticizing myself! I didn't feel **4** \_\_\_\_\_ at the start, because the teacher put me with older students. They were much better than me! But the **5** \_\_\_\_\_ of this was that they had much more experience and they helped me a lot.

I have always preferred the **6** \_\_\_\_\_ in my life, but I feel so much more confident now!

## GRAMMAR

**A Complete the rules with the words and phrases in the box.**

actions or situations   for   have/has   how long   since

- 1 The present perfect refers to \_\_\_\_\_ that began in the past and continue in the present.
- 2 \_\_\_\_\_ is used with a specific point in time.
- 3 \_\_\_\_\_ is used with a period of time.
- 4 \_\_\_\_\_ means the same thing as *how much time*.
- 5 The present perfect is formed with \_\_\_\_\_ and the part participle form of the main verb.

**B Choose the correct answer.**

- 1 Rachel **have** / **has** had lunch at the same restaurant every day for a month.
- 2 I've worked at this company **since** / **for** fifteen years.
- 3 **How long** / **How much** have you been in San Francisco?
- 4 We've played football at this club **for** / **since** 2017.

**C Find and correct the mistakes.**

- 1 J. K. Rowling hasn't always wrote for children. She's produced lots of books for adults.  
\_\_\_\_\_

- 2 Wow, you're good! How long had you played tennis?  
\_\_\_\_\_

- 3 I've had this laptop since five years and I should get a new one. It's very slow.  
\_\_\_\_\_

- 4 Has you studied Spanish before? I'm impressed! You should be in the top class!  
\_\_\_\_\_


- 5 Shell Oil have used red and yellow in their logo for 1915.  
\_\_\_\_\_

- 6 I has been to this conference so many times. I know everyone here.  
\_\_\_\_\_

## LISTENING

 LISTEN FOR MAIN IDEAS

When we listen for main ideas, we try to focus on the key words in what we hear. Don't worry about anything you don't understand. You can still understand the main ideas.


 **6.1 Listen and choose the correct answers.**

- 1 Rowan has / doesn't have a bucket list.
- 2 Only Rowan wants / Both Rowan and Janet want to do more traveling.
- 3 Rowan likes / doesn't like exercise.
- 4 Rowan and Janet can / can't dance very well.
- 5 Only Rowan wants / Both Rowan and Janet want to go to an ice hotel.

 **6.1 Listen again and choose the correct answers.**

- 1 What has Rowan done?
 

a sung in front of people	b met someone famous	c ridden an elephant
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- 2 What would Rowan not like to do?
 

a see Machu Picchu	b see the pyramids	c see the Northern Lights
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- 3 What would Rowan like to do?
 

a go to Paris	b sing in front of people	c ride an elephant
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- 4 What has Janet never done?
 

a run a marathon	b run 5 miles	c run a half marathon
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- 5 Which dance does Janet suggest for Rowan?
 

a tango	b waltz	c salsa
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- 6 Janet says the ice hotel is in which country?
 

a Alaska	b Sweden	c Russia
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## VOCABULARY

**A Choose the correct answer.**

- 1 There are so many places I've never **been** / **done** / **met** to. I really should stop working so hard.
- 2 Have you ever **heard** / **eaten** / **done** cockroaches? I did when I went to Thailand. They taste like chicken.
- 3 No, I've never **been** / **ridden** / **won** a horse before. Shall we go this weekend?
- 4 Sally's **sung** / **eaten** / **heard** in front of people many times. She was on the show *American Idol* once.
- 5 Wow, you went bungee jumping last year? I've never **gone** / **done** / **been** that.
- 6 I'd love to go to Switzerland. I've **done** / **heard** / **run** it's very beautiful.
- 7 I practice a lot of sports, but I've never **ridden** / **gone** / **done** fishing. I don't think I'd like it.
- 8 I've **won** / **gone** / **heard** a few prizes for swimming. But now I prefer skiing.
- 9 I've worked here for a year, but I've never **sung** / **met** / **done** the manager. What's her name?
- 10 I've **been** / **gone** / **run** two marathons so far: Chicago in 2017 and New York in 2018.

**B Complete each sentence with a word from the box.**

been done eaten gone heard met ridden run sung won

- 1 My friend Julian has \_\_\_\_\_ three medals for karate. He's amazing!
- 2 We've \_\_\_\_\_ at the same restaurant every Friday night for weeks! Let's go somewhere else.
- 3 Have you \_\_\_\_\_ to Canada before? It's a fascinating country.
- 4 Tim can't come to the party because he's \_\_\_\_\_ camping for the weekend!

- 5 This is great! Taylor has never \_\_\_\_\_ this song live before!
- 6 Yes, I've \_\_\_\_\_ that movie is really good. We should watch it.
- 7 My mom's \_\_\_\_\_ horses since she was young.
- 8 I'm so lucky! I've \_\_\_\_\_ two celebrities this week. I love working at Universal Studios!
- 9 Please wash the dishes! You've never \_\_\_\_\_ any housework here!
- 10 You need to do a lot of training, especially because you've never \_\_\_\_\_ a half marathon before.

## GRAMMAR

**A Read the example sentences and complete the rules using the phrases in the box. There are three that you do not need.**

an affirmative verb   a negative verb   an unspecific time   *have or has*   questions   statements   the main verb

- |  |  |
|--|--|
| <p><b>1</b> <i>Have you ever been to that café before? I've never been there, but people say it's great.</i><br/>Ever and never refer to actions at _____ in the past.</p> <p><b>2</b> <i>Have you ever been to that café before?</i><br/>Ever is used in _____.</p> | <p><b>3</b> <i>I've never been there, but people say it's great.</i><br/>Never is used with _____.</p> <p><b>4</b> <i>A: Have you ever been to that café before?</i><br/><i>B: Yes, I have. It's great.</i><br/>In short answers to yes/no questions, use _____.</p> |
|--|--|

**B Choose the correct answer.**

Cheryl: This is great! I've **1 ever / never** been to California.

Milly: Yeah, I love it here. What do you want to do today?

Cheryl: Well, have you **2 ever / never** been windsurfing?

Milly: No, I **3 hasn't / haven't**. My brother has. He loves water sports! He lives in New Zealand and they do a lot of water sports there.

Cheryl: Has he **4 ever / never** been snorkeling?

Milly: No, he **5 hasn't / haven't**. He loves waterskiing though.

Cheryl: Well, I've **6 ever / never** done that. I'd love to try!

**C There is an error in each sentence. Find and correct them.**

- |  |   |
|--|---|
| <p><b>1</b> No, I've ever been to Scotland before. Is it cold there?</p> <p><b>2</b> Has you ever met anyone famous? I met Johnny Depp last year.</p> <p><b>3</b> I saw an opera last night. Have you ever went to an opera?</p> | <p><b>4</b> Wow, she's a runner! Have she ever won any medals?</p> <p><b>5</b> Julie and Laura want to take the bus to Recife, because they have never fly there before.</p> <p><b>6</b> Theo lives in Chile, but he have never been to Santiago.</p> |
|--|---|

**D Complete the dialogue with *ever/never* or *have(n't)/has(n't)* and the past participle of the verbs in parentheses.**

Riley: What are you doing, Jake? It looks like you're writing a bucket list.

Jake: Yeah, I am. There are so many things I've **1** \_\_\_\_\_ (do). I'm in the office all day and I really want to make a change.

Riley: I have some ideas for you. Have you **2** \_\_\_\_\_ (go) surfing before? You love the beach.

Jake: No, I **3** \_\_\_\_\_. I'd love to. Your sister surfs, right? Has she **4** \_\_\_\_\_ (win) any competitions?

Riley: Yes, she **5** \_\_\_\_\_. She won a competition in Melbourne a few years ago. She's good, but she's **6** \_\_\_\_\_ (be) in the Olympics!

Jake: And I've **7** \_\_\_\_\_ (go) to the Olympics. I'd love to.

Riley: Me, too. I'd also have "eat sushi" on my bucket list. I've **8** \_\_\_\_\_ (eat) any Japanese food before.


Jake: That's easy! We can order some right now!

## VOCABULARY

## A Choose the correct options to complete the sentences.

- 1 The kids are so happy in San Francisco, because there's a big \_\_\_\_\_ in the park that they go to every day.  
a playground                      b shopping mall                      c walking trail
- 2 Are you hungry? OK, let's get a sandwich from that \_\_\_\_\_ on the corner.  
a pedestrian area                      b high-rise building                      c food truck
- 3 I want to explore a little. Let's try that new \_\_\_\_\_ that goes through the woods.  
a walking trail                      b green space                      c pedestrian area
- 4 I like walking through the \_\_\_\_\_ with all the shops. We don't have to worry about the traffic.  
a bike lane                      b pedestrian area                      c high-rise building
- 5 I never take the car to work, so I'm lucky that there is a new \_\_\_\_\_ in this city so I can ride my bike to the office every day.  
a food truck                      b green space                      c bike lane
- 6 Our new apartment is in the \_\_\_\_\_ near the river. We have an amazing view.  
a shopping mall                      b high-rise building                      c pedestrian area
- 7 I need to buy some new clothes, but the local shops don't have anything. Let's drive to the \_\_\_\_\_. I'm sure they'll have something there.  
a shopping mall                      b pedestrian area                      c food truck
- 8 We don't have enough \_\_\_\_\_ in our new city, so I think we need more parks.  
a bike lane                      b walking trail                      c green space

## LISTENING

A  6.2 Listen to the podcast and choose the correct answers.

- 1 The man talks about changes in a specific city / changing cities in general.
- 2 The man says that transportation is / isn't an important thing in some cities.

 LISTEN FOR SPECIFIC INFORMATION

When we listen for specific information, we listen for names, places, dates, times, numbers, amounts, and other details. We don't need to understand every word to hear the right information. We sometimes need to listen for the same idea in different words.

B  6.2 Listen again and choose True or False.

- |   |              |
|---|--------------|
| 1 Some cities change because they are bigger than they used to be.            | True / False |
| 2 All cities have green spaces.   | True / False |
| 3 There are people who don't like shopping malls.                             | True / False |
| 4 The speaker thinks it's important for a city to have public transportation. | True / False |
| 5 City governments always create more roads when there is more traffic.       | True / False |



## WRITING

### A Read the letter and complete the table with the good and bad changes.

I have lived in this city for twenty years, and there have been many changes. I don't like most of the changes, but some of them have benefited the city.

For example, there used to be a busy pedestrian area. There is now a horribly unattractive shopping mall instead.

Another change is the food trucks. I know they sell some unhealthy food, but there used to be a lot of expensive cafés. It was impossible to go out to eat without spending a lot of money.

The city thought they were doing something good when they made the bike lanes. But it's more difficult to cross the road because you have to be careful of the bikes as well as the cars.

A lot of people love the new walking trail. It means that people can explore nature, even in the city. But everyone walks their dogs there. It's not at all relaxing.



Finally, there's the playground. This is very big, and it was very expensive to make. But it's great that children have somewhere to play now. Before, they played in the streets and it was very dangerous.

Good changes	Bad changes

## Progress Check

### Lesson 1

I can describe risk and change.   
To review, go to VOCABULARY **A**, p. 58 in your Student's Book.

I can use *for* and *since* with the present perfect to talk about situations.   
To review, go to GRAMMAR **A**, p. 59 in your Student's Book.

I can pronounce present perfect contractions.   
To review, go to PRONUNCIATION **A & B**, p. 59 in your Student's Book.

I can ask and answer questions about change.   
To review, go to SPEAKING **B**, p. 59 in your Student's Book.

### Lesson 2

I can use vocabulary for life experiences.   
To review, go to VOCABULARY **A**, p. 60 in your Student's Book.

I can use *ever* and *never* with the present perfect to talk about experiences.   
To review, go to GRAMMAR **A**, p. 61 in your Student's Book.

I can create a bucket list.   
To review, go to SPEAKING **A & B**, p. 61 in your Student's Book.

### Lesson 3

I can use vocabulary for city features.   
To review, go to VOCABULARY **A**, p. 62 in your Student's Book.

I can write about changes in cities.   
To review, go to WRITING **A**, p. 63 in your Student's Book.

I can discuss positive and negative effects of changes.   
To review, go to SPEAKING **A & B**, p. 63 in your Student's Book.